



EUCCHARISTIC ADORATION

COME SIT WITH JESUS

Matthew 26: 38 *Then he said to them, "My soul is sorrowful even to death. Remain here and keep watch with me."*

Matthew 26: 40,41 *When he returned to his disciples, he found them asleep. He said to Peter, "So you could not keep watch with me for one hour? Watch and pray that you may not undergo the test. The spirit is willing, but the flesh is weak."*

Live adoration can be found at www.adorecast.com

Read and contemplate today's Gospel John 13 1-15

Bishop Barron's reflection on the Gospel – Friends, in today's Gospel Jesus washes the disciple's feet. He is giving them a visual proclamation of his new commandment: "Love one another. As I have loved you, so you also should love another. When we accept this commandment, we walk the path of joy. When we internalize this law, we become happy. And so the paradox: happiness is never a function of filling oneself up; it is a wonderful function of giving oneself away. When the divine grace enters one's life (and everything we have is the result of divine grace), the task is to contrive a way to make it a gift. In a sense, the divine life – which exists only in gift form – can be "had" only on the fly. Notice that we are to love with a properly divine love: "I have called you friends, because I have told you everything I have heard from my Father." Radical, radical, radical. Complete, excessive, over-the-top.

Reflect: Compare how Christianity defines happiness with the opposite way our culture defines it. Which way are you practicing?